

Daivide rejects covenant; JDV efforts all for naught

By Philip C. Tulawa and Carlos Pablos

EDDIED by the Supreme Court ruling that the impeachment complaint against him was unconstitutional, Chief Justice Hilario Davide Jr. has turned down the bipartisan covenant proposed by President Macapagal-Arroyo to resolve the constitutional crisis between the two branches of government. "The decision of the Supreme

COURT IS

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WHAT'S INSIDE

- One more Filipino injured in Saudi blast NEWS/A3
- T-bill rates rise BUSINESS/B1

House bows to high court

JDV survives ouster try

By Carlos Pablos and Cynthia D. Balana

A HOUSE divided, inside and outside its walls.

The House of Representatives was in an uproar last night, after the Supreme Court ruled the second impeachment complaint against Chief Justice Hilario Davide Jr. was unconstitutional, and Speaker Jose de Venecia said he was "constrained" to abide by the decision.

De Venecia's domestic decision instantly drove the House into turmoil. It drew jeers and applause from the jam-packed gallery, while court employees from Makati, Pampanga, Mandaluyong, Caloocan, Marikina and other cities walked out of the pro-

ceedings in disgust. Many congressmen milled about the wooden hall, wondering its closure, debating De Venecia's remarks. The leader of the National People's Coalition, Rep. Gilbert Teodoro, told a TV reporter he was taking a week-and-a-half attitude. The NPC, a coalition partner of De Venecia's ruling Lakas party, had led the second complaint against Davide.

One thing seemed clear: Several hours after the high court issued its ruling, De Venecia had himself become a target of congressional fury.

De Venecia defended his acts in



JOSE DE VENECIA

THE UNFORGETTABLE light of his life is just now and there it is for all to see as the face of Chief Justice Davide Jr., who in the day of triumph for the rule of law, stands before the Supreme Court composed.



'UNCONSTITUTIONAL'

SC, voting 13-1, strikes down impeach complaint

By Michael Lee Silva and Philip C. Tulawa

"BARRED" under the Constitution.

Eighteen days after more than 76 congressmen allied with businessman Eduardo Cojuangco Jr. signed the second impeachment complaint against Chief Justice Hilario Davide Jr., the Supreme Court ruled decisively by a vote of 13 to 1, that the complaint had violated the Constitution.

In a 111-page decision, the high court also struck down the revised rules of impeachment of the House of Representatives as unconstitutional.

Associate Justice Reynato Puno, who presided over the oral arguments last week, cast the lone dissenting vote. The tribunal also voted unanimously 14-0, that it had jurisdiction over the six

petitions seeking a stop to the impeachment.

But three justices wanted the SC to exercise judicial restraint and allow the impeachment process to proceed. Puno, Concho Yasin Santiago and Jose Bellosillo (who retired yesterday after presiding over the deliberations). They urged their colleagues not to rule on the

matter until all the members in Congress had been exhausted.

Davide isolated himself from the deliberations.

"There have been times with a matter as problem that squarely falls under the Court's jurisdiction, no other source of action can be had but for it to pass upon the problem head on," Associate Justice Concho Yasin Santiago wrote in the landmark decision. A total of 10 justices, however, wrote separate concurring or dissenting opinions.

The tribunal ruled that the exercise of judicial restraint—as opposed by Speaker Jose de Venecia Jr. and Sen. Aquilino P.

"We either respect or defy the decision of the Supreme Court... But when decision will the Armed Forces of the Philippines or the Philippine National Police follow?" Speaker De Venecia says holding up the 111-page SC ruling on the unconstitutionality of the impeachment complaint.

JOSE DE VENECIA

De Venecia says crucial words, earns praise

By Cynthia D. Balana, Nick Contreras and Carlos Pablos

SUFFERING from the flu and a sore throat as he confronted the wrath of the pro-Davide impeachment congressmen, Speaker Jose de Venecia Jr. yesterday managed to survive a con-

frontation to prevent him. And he earned high praise from unlikely quarters in the packed gallery. Incoming India "Visita" Munsod, who knows to be no fan of De Venecia, said, "All of a sudden I have respect for him, this is the first time he took a stand."

"This thing can ruin him politically,

but he seemed to be a politician and became a statesman," she added.

"What he said was crucial. It turns the tide," said House secretary general Rudy Gabilan. "It has more weight than 76 signatures (the number required for an impeachment complaint to prosper in the House)."

The Speaker's crucial words consisted of

less than 30: "I'm constrained to respect the decision of the Supreme Court."

De Venecia broke down on many occasions as he tried to explain why he was going against his earlier constitutional pledge with the Supreme Court and the military agreement questioning the tribunal's jurisdiction on the petition before



Is Tatad color blind?

By Jerry Explains and Christiana Aranda

FORBES Sen. Francisco Tatad, who served as chief secretary of the late defense Ferdinand Marcos, must be color blind.

His kids. What could be a darker moment in our nation's history than Marcos' declaration of martial law on Sept. 21, 1972?

And the man who had read Mar-

Catchillar leaves behind 8 young kids

By Yolanda Saez-Fuentes PDM/Manila Journal Bureau

BAGUIO, Pangasinan—Mary L. Ricardo Catchillar may just be another "misguided" man in uniform who needed to be eliminated last, but to his widow and eight young children, he was a good father and a hero.

Eldest brother Eddie said Rep. Catchillar was called by relatives and friends, once told him that his Navy friends had approached him to join the Magdalo group that staged the July 27

OVERKILL? Villaruel family cries 'murder'

By Christian V. Esguerra and Norman Bardasara

BIGGER THAN half of the face of former Air Transportation Officer chief Pacifico Villaruel was blown off by Malabon police officials (inset) that the Air-Port Security Group's assault on the control tower of the Ninoy Aquino International Airport 2 that he and his eldest son on Friday night was not an overkill.

Witnessed, along with his wife, Navy Lt. Senior Grade Ricardo Catchillar (see story at left), God when the ASG, a unit under the Philippine National Police, assailed the control tower before dawn on Saturday.

The family of Villaruel opened his office yesterday at the Manila Museum of Park in Pasay to show that the assault was an "overkill." Villaruel's head was previously cut in half from the nose up.

In a radio interview, Villaruel's son Ben described the killing as "murder." Asked about the purported brutality of the killing, PNP Director General Hermenegildo Ibalon Jr. said, "I would say that a really happens from time to time."

A staff member of Puscarn's PNP said in a radio interview that he had to say yes to try to reconstruct the shattered face. Villaruel's right arm was so mangled with bullets that it was nearly severed.

PHILIP C. TULAWA

PNP: Naia tower takeover may be part of plot

By Christian V. Esguerra and TJ Burgeles

THE PHILIPPINE National Police yesterday said it was not discounting the possibility that the takeover of the control tower of the Ninoy Aquino International Airport by former Air Transportation Officer chief Pacifico Villaruel and his aide was a part of another elaborate plot to

seize power from the Macapagal administration.

PNP Director General Hermenegildo Ibalon Jr. said this possibility was based largely on the explosives found inside the car supposedly belonging to Villaruel's bodyguard, Navy Lt. Ricardo Catchillar, several hours after the takeover.

"It is still a possibility but we are not

discounting other angles such as the personality profile of Villaruel," he told reporters. "We have to find out what made him do it, his motivation."

An Army counterintelligence officer had theorized that the takeover of the control tower was part of a coup since it came on the backdrop the reported movement of active military commanders by retired officials for a destabilization attempt.

Senior defense and military officials maintained it was not part of a coup attempt.

Chief Insp. Gerald Stone of the Airport Security Group's special operations unit who represented the tower, said the four pounds of TNT were enough to destroy a single-story building.

Chief Supt. Jose Guterres, Southern

Villaruel was fired by Palace

By El Cabacangcang

FORNEX Air Transportation Co. Inc. chief CEO, Freddie Villaruel, 21, was fired by Maknoling and stripped of his assets nearly two months before he took over the control tower of the Manila airport International Airport 2 on Friday. Villaruel's firing, pending deputy secretary for legal affairs, said that based on the Philippine Anti-Graft Commission's findings, "Villaruel is being dismissed from the service and suspended the necessary penalties of forfeiture of financial benefits and declassification from entering government service." The dismissal of Villaruel was based on a resolution of the Office of the President dated June 10.

Five years ago, the INAC found Villaruel guilty of gross misconduct for the unlawful suspension of complainant Comodoro M. Domingo from the Philippine Aerospace Development Corp. The case was earlier recommended for dismissal for being most heinous. Villaruel had resigned from the INAC, the INAC Chief Executive C. Domingo at

Villaruel family cries 'murder'

From page 1

from the leading the merger team.

"These criminal acts have been caused by the high caliber of our guys. Our men were armed with fully automatic," said former Supt. Andrew Cato, chief of the PNP Airport Security Group who led the team.

President Macapagal stressed that the attack was not an overall. "The attack was not a general attack. It was a specific attack."

He Macapagal wanted that the world and humanity to see "a brave face" in dealing with any "bad actor" "on the time of the law."

The President said Villaruel was killed not because he was a "bad actor" but because of the wrong corruption and illegitimate in government but because he was committing a crime against the security of the nation.

Conducting

A national security consultation was under threat and it is inevitable upon the authorities to immediately act to regain control and control of it to be non-partisan reason, including the use of extreme force," also said in a statement.

Conducting Villaruel's family, his Macapagal said the former DOJ chief "may have had some intentions but he is not the first of the law and decency policies."

Interior Secretary Jose Lina is also associated with the families of Villaruel and Candelaria and the government has a duty to perform in the national interest of the country."

Survivors horrified

Horrified by the outcome of the steps of the airport tower, three women each filed a resolution, personally calling for a Justice inquiry into the incident. The resolutions seek to determine two things: how security of civil is maintained and the role of the tower could have been breached and whether the police followed the rules of engagement.

At a press briefing, Cato said members of the DOJ special weapons and tactics team had to attack Villaruel and Candelaria with guns blazing after they were not with compliance instead of shots of surrender inside the air traffic control tower.

"The idea is that they had with them, if they had explosives or high powered guns, we are shocked," Cato said yesterday, adding that the airport's primary police force had not been equipped with night vision goggles.

Negative for powder burns

Villaruel and Candelaria tested negative for powder burns from the use of a ballistic test on two pistols found in the tower were provided that they fired shots, Duterte said.

Duterte explained that profiles and ballistic tests would sometimes yield conflicting results, citing largely in the type of gunshot. Villaruel and Candelaria used a 9mm and a .43 cal. automatic, neither one of which is a caliber used by counter gun resistance from police are usually issued upon firing, the police chief said.

Unanswered questions

By pinpointing only the results of the ballistic and profiles tests, Duterte left unanswered questions concerning the killing of the retired Air Force captain, who claimed he meant only to see his grips, and his secretary.

The PNP chief refused to tell how many shots Villaruel and Candelaria, Chief Capt. Benjamin Macapagal, chief of the PNP Crime Laboratory was married since he commuted.

Headless order

Cato said the assault team immediately went upon receiving Villaruel said he received the order of Transportation Secretary Loren B. Binalatan, head of the crisis management team that dealt with the hijack emergency.

Cato said that there were two main reasons, each made up of several factors, which went up the tower to and into the tower general manager for security, Sgt. Domingo, went up with three op-

the 11th floor.

"What the controlled team that drove the control room door was the (Cato) team sent in. And they were shooting up, ph-ph-ph."

"The point was that once that the control room was further attacked by shots. And when he started screaming then he was aware. The thought design was badly ripped with explosives," he added.

Fake trap

The team had to withdraw for about three to four minutes after seeing the shots, according to Cato. He said that after they determined the control room was a fake trap, the team went into the air traffic control tower and separating into the dark office.

All along, Cato said, he was didn't hear Villaruel's shouts of surrender. In a radio conversation with OMA anchor Arnold Clark shortly before he was killed, Villaruel shouted, "We surrender. Just let us out. We mean to live."

Two minutes later, Villaruel was in the door of the control room and was in his life.

2 survivors

"They were not with only of justice. When the firing stopped, we heard the bodies of Villaruel and his wife," Cato said.

The remains of the tower had no access for the second team and still remained but Villaruel and Candelaria managed to escape the air traffic control room of the first report. The survivors have been about two minutes, maybe less," Cato said.

Negotiation

Negotiations claimed that the crisis could have been ended peacefully had authorities only considered negotiations with the hostages and their families. Villaruel had expressed doubts over government's negotiation and what he described as the status of the country.

"Despite all my efforts to call the attention of the Congress, the House and the military on one hand, on one matter they will listen," he said in a letter. "I am sure to give peace. I just want to tell you that the Philippines will not give up."

Hispanic said officers in the ground had shot or captured. He said Villaruel was killed by a shot in the head. He said Villaruel could not be reached through his cellular phone despite repeated calls to him.

Driver

Authorities, he said, had also killed in Villaruel's car. Villaruel drove him and Candelaria to the control room. He said the driver had informed police that only Villaruel and his wife were holed up in the control room.

In a report to Duterte, Cato said he had failed to Villaruel three times just before the crash. Cato said Villaruel was not in the car when he was shot. He said he was not in the car when he was shot.

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CAPT. Freddie Villaruel poses proudly in front of his creation, a prototype of a fighter plane.



HIS FATHER'S son, Renato, one of three sons (second youngest) of the former aviation chief, Renato Catchillan, kept right at the Philippine National Park in Baguio, Pangasinan. Interview with an informant, Nov. 12, at high noon.

Catchillan ...

From page 10

"Neighbors called around the Catchillan house in Baguio (Cebu) town, reminding with the officers with Maria Luz, eight children, 14 siblings and then before President. They were deeply hurt when a police search team came and killed Catchillan and Villaruel, a Philippine Air Force officer and a retired transportation secretary from 1952 to 1956, although they were reportedly ready to surrender.

"They were not given a chance. With other (Cebu) L, there were negotiations. Why did you give him the same privilege?" he asked. As Catchillan's children, wanted for his body to be brought back from Manila, they could not help but wonder what the future held for them.

"Banning strike"

They were not confined about the circumstances behind their father's death. The two women whom Catchillan loved most - his wife and his mother Anita - soon collected the body in Manila.

"How many times" could again describe the Catchillan kids - Gary, 26, Maria, 23, Steven, 21, Christopher, 11, James, 10, Mary Joy, 7.



Matin, 5, and Ricardo, 3, 2.

Catchillan's job as the Navy heavily allowed him to come home to his family. Only one message and telephone calls linked him to his work assignments.

Catchillan, a third year high school student, said the last time his father was home was in September when he told him to take care of his young siblings. "He was always asking me to be a good boy. He didn't only love

a loving father, but a good provider as well."

Catchillan might have been excited enough from being a Navy officer to provide for the needs of his brood, so on the day he said he was living product, a line of students and other household equipment.

When he was home months later, he gave his two company 10 cents to his wife so she could afford the household products, too.



TRANSPORTATION Secretary Loren Binalatan (middle) defends the shooting of the hijack crew member with Duterte and, from left, Police general manager Binalatan, Jr. Capt. Andrew Cato, who led the assault, Vice assistant OMA Angel Aquino and PTO chief Mito Garcia.



SOUTHERN police chief Jose Gutierrez, left photo, presents to the media C4 plastic explosives and guns allegedly recovered from the abandoned car of Nery Lo. Center: PNP-Crime Laboratory Inspector Simon Gutierrez, above, inspects Castillo's vehicle at the PNP Southern Police District headquarters in Parañaque.

PNP: Naia tower takeover may be part of plot

Before District Attorney, said the applicant, "I strategically placed," could beat the U.S. Army control tower of this.

During oral arguments the proposed occupants of the tower were not by invited officials but another group, the officers claimed that the testimony of the normal tower was substandard but single, because for the same action reported to come. One with the Supreme Court ruling on the impeachment case against Chief Justice J. Edwin Roberts Jr.

Red alert

On Sunday evening, the military again raised red alert to quell any violence that might arise from the possible announcement of the law.

probes and complaints against the vehicle from the House of the Representatives to the Senate. At present time, House Speaker Juan de Dios was divided not to transmit the Articles of Impeachment.

"The second Foreign Intelligence Fund Act... is an appropriation of any developments that might occur as a result of what is expected to be the monumental of the Atomic Energy Commission from Congress in the future," Lt. Gov. Rockefeller said. "Annual Foreign Intelligence Fund Act is a very small, and it is a very small."

The military department also is working on a bill to grant states the right to sue for support or to sue to the independence of the state. It is the first time since the war that the state has been able to sue for significant assistance.

Presumptions move: Following the takeover of the air control tower at New York's Villard airport last week, President George W. Bush placed an embargo on the military or "business" use of the facility.

There behind the alleged plot

in Miami, were expecting the Supreme Court to declare unconstitutional the impromptu compromise. Shortly before the vote arrived by members of a group identified with former President Joseph Estrada, another one with Sen. Gergorio Honasan, and still another group that was initially supportive but later became a bitter critic of President Macapagal's terms.

ed, the source said part of the all-legal plan was the waiver of pre-emptive, congressional, or not prospectively intended to repeal the 1994 waiver of private promotion in the federal improvement and that eventually

triggered the second lake event.

T-man jumps
 (that the pilot has retried out and become successful, the source said the aircraft would

Thomson, who was tagged as the mastermind of the failed power grab on July 27, was confined to the city to broadcast the plotter "didn't like him," the military officers said.

But Chief Insp. Arnon Leshem, the PDP intelligence chief, yesterday denied that police had conducted any anti-terrorist operation after the shooting. "We did not receive any information about the shooting," he said.

As it is shown that there was no rally in camp, Indiana said 1960 anti-nuclearists were under no real duty, besides those in bloom.

blowlike whorls are under a bright
 steel, silver, grey, brown, or more

Gas stations

In the absence of substantial evidence of meeting soup, Kline and police would issue on the investigation of Coughlin's given Mississippi Council order which was contained in the Cuban army native in Meriville, Texas City, death after 1936, on October.

The FBI chief noted that Caraballo had "acquired some skills" from the Navy's elite Special Warfare Group. Caraballo had trained totally with the group.

When he arrived at the gas station to check out the vehicle, AG's

...and said he was "on the list of FBI planned" miles on the home page. He said the bombs were assembled in such a way that they were "ready to explode."

to the removal of gender inequality and military expenditures by groups wanting to take advantage of the political market?

Main causes. He said that the anti-democratic forces such as the National Alliance and other civil disturbance units were an obstacle to Camp Aguinaldo, the possible deployment.

Mr. Managala yesterday said the Commission's first two sessions, held in 1971 and 1972, were among the more useful of the process. **Ambedkarites** drove against his administration.

The President was swept into power by Efraim K. Barzani, mainly composed of the upper and middle classes—which drove out Kurds from Mosul during the January 2003. In April the same year, the main Iraqi in Mosul staged their own version of people power in Iraq and launched an attack on the government.

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US Embassy closed

THE UNITED STATES Embassy will be closed today in observance of Veterans Day, an observed holiday.

China violated Spratlys accord, says AFP

By Ty Burge

AGOS: Forces of the Philippines dealt off Gulf Co. Seaforce vessels yesterday said that China violated a "non-use agreement" among countries, including the Philippines, that are claiming the Spratly Islands by acting up markers in unagreed islands and reefs in the disputed area.

"I think it is in violation of the agreement," Agos said in a briefing at the Department of National Defense, but pointed out that troops of the Western Command in Palawan dismantled the markers after they were put up.

He said however the military was not ready to recommend the filing of a diplomatic protest with China since the markers had been removed.

Agos and other senior military officials mentioned an aerial inspection of the Malaysian group of islands about a G-34 plane on Thursday morning.

After the markers were removed, they did not put them up again. "I don't think there is a need for any diplomatic protest," Agos said.

During the overnight, Vice Admiral Ismael Guebara, Western fleet, said that the military often received some markers with Chinese inscriptions in

more like words, usually and says, and immediately removed them.

China and the 17 members of the Association of Southeast Asian Nations, including that of the Spratly Islands, which include Brunei, Malaysia, the Philippines and Vietnam signed a landmark accord in 1992 in Phnom Penh, Cambodia, to resolve 2002 calling on all the countries to avoid actions which may heighten tensions there.

Agos also mentioned that there was no intention to Philippine territory or occupied islands by any of the nations, even following the signing of the 1992, including claims, in the China-claimed islands.

Child died during the overnight
"There is no such person in other island territory by other claimant countries. It's very clear that they are more stable. But Agos in Manila said that while the Marshall Islands is a territory of the United States," he said.

Defense Secretary Eduardo Ermita agreed with Agos, saying, "There is no intention on Philippine waters is associated to being protected."

The Spratly, which are believed to be rich in oil and other mineral resources, are being claimed to whole in part by the Philippines, China, Taiwan, Malaysia, Brunei and Vietnam.

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Nurses warn of health crisis

By Blanche S. Rivera

THE PHILIPPINE Nurses Association yesterday warned of a serious health crisis by 2009 if the massive shortage, which has reached up to 40 percent, of the country's skilled nurses for higher-paying health-related professions.

"Two years from now, we will have a serious public health crisis because our nurses are going abroad," this also made worse because some of our doctors are diverting to nursing courses to find jobs elsewhere," PNAs president for the National Capital Region Christine Wray told reporters yesterday at the National Conference on Challenges in Health Care and Globalization and the U.S.

The PNAs warning tapped the growing concerns over the fragmentation of health and other government agencies which noted that insufficient health workers were the ones left in the country.

The Philippine Overseas Employment Ad-

ministration estimated that there are around 300,000 Filipino nurses employed in 131 countries worldwide.

Most Filipino nurses are expected to leave the country to the demand for nurses overseas (200,000 nurses in the last 10 to 15 years).

It says noted that even high nursing graduates from private colleges, with 80 to 90 percent of them leaving the Philippines for other countries.

The Alliance of Health Workers across the United States and Canada predicted a demand for 15,000 nurses a year in the United States, 40,000 in the United Kingdom, 15,000 in Ireland, 30,000 in Saudi Arabia, 11,000 in Norway, 5,000.

Some nurses across Filipino nurses with an immigration pathway that allow them to take their families along with them.

Asian countries like Japan, Singapore, Korea and Taiwan are also starting to hire Filipino nurses and caregivers as well.

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IN THE TEXTING CAPITAL

President Macapagal-Arroyo, national news anchors, and general manager Juan Duran, are among the participants in the texting competition.

Knee surgery for Imelda?

IMELDA Sta. Imelda may get knee surgery to help her in the upcoming election.

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Eclipse was time for unity, prayer

TALANTOV CITY... It was more than a hour
-Olga-

As nearly 8:15 p.m. last Saturday, 22 men and women turned in their candles and pieces of paper on which they had written down good wishes, on a stone circle at the center of their circle.

They were participating in a study project to study cat in time for the planetary alignment called Day of David, believed to create "a pyroclastic" phenomenon that happens once in 2,000 years.

The ritual, held in the garden of Shuang's Zhou Sun in Suwaying New Market here, had the participants lighting candles and praying for peace, where the plumes formation is said to be a "very powerful pecked for all things, both good and evil."

"We crossed the circle for the entry process in (Israel's) goal," said midfielder Jackie Jewell, who led the crowd.

Despite winds blowing from all directions, the light to the candle never went out.

Change of consciousness

brothers explained: "The six major planets have the north or south pole (in 60 and 120-degree distances from each other) where we call the line of Twelve Constellations. This sphere is a period of massive change or consciousness that results in what is now called as a renaissance."

She said the presence of that contingent of 30 men, mostly her and anti-apartheid Pope John Paul II, was able to open her the street with friends. The 22 people in the circle were businessmen, artists and professionals from different parts of the country. Many of them knew one another while others met her for the first time. Majors joined the street for the first time. Two were Americans.

landless with the circle signified consciousness of the time, age and mastery of higher learning. But the worst of the cycle that follows this time of travail.

"The planet Mars, which is now in Aries, will cross to Taurus between Dec. 10 and 14," the astrologer said. "Where is the god of war? Where is Ares to die, there will be a mortal demand for war.... this means hellfire is near."

The last time Blum was in Arica, the point of exit, was during the infamous trial of deposed president Joseph Berrada, which took place in 1971.

Underlined by the star of David, Marx in *Arise* could mean bigger troubles, maybe in the coming election. *Unlabeled* could

Only love and prayer could appease the angry deity, he said, "as we are imploring people to stay in groups. Prayers could [even] soothe."

doi:10.1017/S002229240000199

Despite crises, more tourists came to RP

By Bernard Arel

THE PHILIPPINES climbed onto the black volcanic central Apennine for the months of September and October and the few nice days of November, the Department of Tourism advised.

Following the downturn in acute cardiac early risk year following the outbreak of the Severe Acute Respiratory Syndrome (SARS) in Asia, ICD figures showed a month-on-month increase of 2.3 percent for September, 9 percent for October and 5.2 percent as of Nov. 9.

The DDT, however, did not disclose exactly how many countries are involved.

"The [AMT]-contract was a terrible, but not unreasonable, blow to the Union machine industry in general," said Union Secretary Richard Carlson.

Sordani was recently given an award by a Thai regional travel magazine for his efforts in helping the tourism industry during the SARS crisis.

He worked hard to contain the epidemic here in the Philippines and we were fortunate in the point that our country was spared from the devastating effects suffered by our neighbors, whose economic growth dropped to as low as 70 percent month on month," Utsonia said.

He said the Philippines was able to hold its domestic GDP at 32 percent, after which the international market was

"What is important here would be the significant success of our country and our region, and to restore confidence to us as a nation leading us so that nations will keep on coming," Clarke said.

During the crisis, the necessary personnel travel subsidies imposed on the region by developed countries. He said he understood the need of foreign governments to protect their citizens, but such allowances should have been location-specific, accurate and constantly updated and reviewed so that they would not hurt another country's tourism industry.

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Guatemalans vote to dump ex-dictator

GUATEMALA CITY—Guatemala's former dictator Efraín Ríos Montt lost his bid for the presidency in an election Sunday that was marked by high turnout and a lack of threat of political violence, exit polls suggested.

As Guatemala's annual official results Monday, El Periodico daily published an exit poll placing opposition candidates Oscar Berger and Álvaro Colón in first and second place with 42 percent and 27 percent of the vote respectively.

Ríos Montt came in third with 16 percent of the vote in the non-partisan Latin American country, including less than a Dec. 20 runoff race.

The exit poll surveyed 1,475 voters at 34 polling stations, and had a 3.4 percent margin of error. Guatemala finished a sign of civil war that lasted political the last 36 years ended Sunday.

"It's very positive that civil conflict was on high rise. But civil conflict and all the fear was on Sunday," said Jim Stoen, head of the UN Verification Mission in Guatemala.

"It's to some in general terms, the day was peaceful. There were problems here and there, but Guatemalans were patient," he said.

The described Sunday's vote as "the most watched election in the history of the country," with more than 1,500 observers on hand. The contingents from the Organization of American States and the European Union.

In the capital, people lined up outside polling centers before dawn, waiting for the doors to open. There was a heavy turnout of the army, the police and the police. The police and the police. The police and the police.

President Ríos Montt, who served with a strong contingent of indigenous voters of the 1980s. Ríos Montt of Guatemalans expected next re-election. AP



HARRIER VIEW

Voters get a spectacular view of Sydney Harbour including the Sydney Opera House as they climb the concrete arch of the Sydney Harbour Bridge on Nov. 10.

Charles to hold crisis talks over 'sex scandal'

LONDON—Britain's Prince Charles was set to hold crisis talks on Monday to confront a media storm over allegations of a sexual liaison involving the heir to the throne and a royal servant.

A Sunday newspaper on Monday printed details of the allegations against Charles, but despite their lurid headlines, most of Britain's press had concentrated on printing more news of the royal wedding.

Charles, 34, and Camilla, 37, were set to be married in a ceremony on Monday. The prince was to be married to the former Miss World, who was to be married to the former Miss World, who was to be married to the former Miss World.

The issue of the prince's alleged affair with a royal servant was to be discussed in a meeting with the prime minister, Tony Blair, on Monday. The issue of the prince's alleged affair with a royal servant was to be discussed in a meeting with the prime minister, Tony Blair, on Monday.

Details of the affair were published in a Sunday newspaper, which said it had obtained the names of the prince's alleged affair with a royal servant. Details of the affair were published in a Sunday newspaper, which said it had obtained the names of the prince's alleged affair with a royal servant.

The prince was to be married to the former Miss World, who was to be married to the former Miss World, who was to be married to the former Miss World.

informed allegations that there was a possibility that the story would be published in the Sunday Times. The Times quoted a spokesman for Charles' London residence, Clarence House, as saying:

Some details emerged in the time circulation Mail on Sunday which quoted a former royal adviser, George Smith, as saying he had witnessed an affair involving Charles and another royal aide.

In another bid to the saga, it was also reported Sunday that a senior aide to Charles once questioned his loyalty.

The claims came after a week which began with Prince Charles' wife, Camilla, being named in an investigation against the Mail on Sunday, alleging it had published a story based on claims by Smith, the former royal servant.

Smith was quoted by the Mail on Sunday as saying he had witnessed an affair involving Charles and another royal aide.

On Thursday, both claims are being denied by the prince's office. The prince's office is denying the claims, saying the prince was not involved in the affair. The prince's office is denying the claims, saying the prince was not involved in the affair.



PRINCE CHARLES

The News of the World and the Sunday Times are planning to take part in a "full-scale" television news coverage of the allegations were published.

Britain's newspapers began to report on the alleged affair of the prince, but the news was being denied by the prince's office. The prince's office is denying the claims, saying the prince was not involved in the affair.

The prince was to be married to the former Miss World, who was to be married to the former Miss World, who was to be married to the former Miss World.

Sri Lanka leader sought more power, but may emerge weaker

By The Associated Press

COLOMBO, Sri Lanka—It began with an attempt by the president to dissolve the parliament. But when the parliament refused to do so, the president was forced to accept a new constitution. The president was forced to accept a new constitution.

The president was forced to accept a new constitution. The president was forced to accept a new constitution. The president was forced to accept a new constitution.

Her political rival, Prime Minister Anura Kumara Dissanayake, was accused of leading an attempt to dissolve the parliament. The president was forced to accept a new constitution.

The president was forced to accept a new constitution. The president was forced to accept a new constitution. The president was forced to accept a new constitution.

While Dissanayake's move was seen as a power grab, it was also seen as a move to end the civil war.

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After 2003, following a November 2003 election, the president was forced to accept a new constitution.

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The most interesting people and personalities leave their mark in the pages of the Sunday Inquirer Magazine

AP/Wide World Photos

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DENR DECISION

Last nail in Agno plant coffin driven

By Yolanda Toledo-Puentes
PHOTOGRAPH BY JAMES B. HARRIS

AGNO, Ilocos Norte—Finally the last nail has been hammered into the coffin of a controversial cement plant complex proposed to be built near the port town of Agno, Ilocos Norte, Philippines.
Environmental Secretary Elmer Guzman approved the DENR's final decision on the Environmental Compliance Certificate (ECC) issued to Ilocos Norte Solid Cement Corp. (INSCC), the project proponent.

Guzman's action ended the years-long effort to stop a power struggle against the establishment of the plant that started in June 1997.

The Department of Environment and Natural Resources (DENR) last issued the project on EEC on March 29, 1998. The EEC had a life span of two years. Right after it expired, it was granted a two-year extension by the DENR.

Two extensions ended on March 31 this year.

Letter
In a letter to Philizing Inc., Golden Cement Corp. president, dated Aug. 18, 2003, Guzman cited the grounds of the DENR that said the certificate should be considered automatically voided if the project failed to start within one year of the certificate's issuance.

She said based on the lapse in con-

struction of the cement plant, the DENR decided that the project had not started any activity in the proposed project area.

Yolanda Toledo, an Agno resident who fought the cement plant, said while the letter was already about two months old, she had to go to court to get the DENR to issue the letter.

She learned from Guzman that she was in line because she already filed the extension of the EEC, but it was difficult to get a copy of it, "because you have to pay a fee," she said.

The DENR said the certificate should be considered automatically voided if the project failed to start within one year of the certificate's issuance.

She said based on the lapse in con-

struction of the cement plant, the DENR decided that the project had not started any activity in the proposed project area.

Attention
Proponents of the cement plant tried to sue against the DENR by claiming that it would mean jobs for the residents and would benefit the economy.

But the DENR refused to sue the project. It said the project was not a public project and the DENR was not a government agency.

Guzman's decision came as a relief to the DENR. It said the project was not a public project and the DENR was not a government agency.

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Dogs say they're happy as vigilantes

GENERAL SANTOS CITY—The local police has admitted helplessness in solving the crime of animal-related offenses because it got the support of citizens and some groups.

Santiago, Ilocos Norte, police chief, said citizens support a way station animal police to use the help of vigilantes to solve the crime of animal-related offenses.

Animal police said that lack of manpower exacerbated by the overpopulation of dogs, which prevented the local police from solving the crime.

The city with a population of about 100,000 is being invaded by more than 100,000 dogs.

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VICTORIANO, Ilocos Norte, is proud to see a town's economic activity is participating in a multimedia big enough to carry children's activities in the town's public square.

Town celebrates 'duck day' in honor of key industry

VIÑA DEL MAR, Ilocos Norte—This town, which claims to be the "Pineapple Capital of the Philippines," is celebrating its 100th anniversary of the pineapple industry.

The town's 100th anniversary is being celebrated by the town's residents and the pineapple industry.

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Farmers' groups see price hikes as gov't stops rice importation

AGNO, Ilocos Norte—The price of rice is expected to rise because of the government's decision to stop rice importation.

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Group of fish traders vows stop to illegal fishing

AGNO, Ilocos Norte—A group of fish traders has vowed to stop illegal fishing in the Agno area.

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The group of fish traders has vowed to stop illegal fishing in the Agno area.

Townfolk help save rock formation from road plan

AGNO, Ilocos Norte—A group of townfolk has helped to save a rock formation from a road plan.

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A group of townfolk has helped to save a rock formation from a road plan.

ROUNDUP

3 died in mishap

AGNO, Ilocos Norte—Three persons died in a road accident when a bus carrying a group of students crashed into a wall. The bus was carrying 20 students and two teachers.

The bus was carrying 20 students and two teachers. The accident occurred on a road near Agno.

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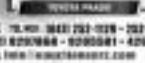
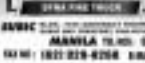
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By Jerome Aring and Tara Quinsada

MANILA International Airport authorities prevent damaged baggage from the Manila inventory and for would-be security inspection employees from to enter VIPs' carry baggage (except) visiting some of the airport's regular "customers."

Manda and Jose del Roso Cape, Manila's 10th largest and his wife, Mary, in General (Cachito), would have been exempted from both and bag searches and allowed to carry their two boxes of clothing items of the 10th PIA day night.

After a series of further transportation-related security and re-check of the 10th PIA passenger office.

"They know us, VIPs visiting the airport would be subjected to security checks and bag inspections, particularly when they go to places that are highly restricted areas," Manda

he told the Inquirer.

Manda from visitors, VIP status is also assigned to individuals such as government officials, high-ranking military officers, Apostles and important guests visiting the airport and important areas.

Following the MIAA incident, Manda Kap at Manila Airport A 100 percent that he had allowed the Western Police Officer to estimate a "highly restricted area of security" in the course of being "screened and taken over" will extend.

Manda said there was always a danger of a repeat of the 10th PIA incident since Manda and his wife's baggage.

"I will all passengers in doing a last-ops on their departure. This is more times than when you checkpoints and checking the bags of everyone entering a hall," Manda said, adding that police officers can be checked to airport for the screening "highly restricted."

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Another Makati bank rob

THREE armed men robbed a bank where depositors such as the Philippine Bank Manila branch in Makati City.

Teller Raul Manda was trying to assist the female depositor. It was 10:10 a.m. when the bank was closed. 1:30 p.m. when the robbery took place.

The suspects shot Manda and the bank guards, including him, before taking four packets of money. @Inquirer Only

More local aces in PBA draft

By Jane Manroe

IT'S not surprising to play into the Philadelphia International Association, this is the right time to join the draft.

Only two PBA members—Robert Taylor and Anthony Trinneer—made it to the point of departure from the league, released as early as the first round of the draft. The PBA has a long history of releasing players from the league.

The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

James Rip, another PBA member, is expected to be drafted by the league. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

SPORTSWATCH

DLS-Zabel sweeps elementary division

On Saturday, DLS-Zabel won the elementary division of the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Community High boosters blank fans

Community High boosters blank fans during the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Lesser lights shine in PBA Open league

The PBA Open league is a series of tournaments for players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Pager firms up support for cycling

Pager firms up support for cycling during the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

LGBA derby features 10 quality fights

The LGBA derby features 10 quality fights during the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Estabillio men passes away at 95

Estabillio men passes away at 95 during the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Welcoat tackles Blu today

WELCOAT and Montclair Partnership threat for their second straight week when they collide against aquatic but dangerous rivals at the PBA. The PBA has a long history of releasing players from the league.

Welcoat, which has won the PBA draft, is expected to be drafted by the league. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Montclair Partnership, which has won the PBA draft, is expected to be drafted by the league. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Dacia stars as Lhuillier five blasts Grachiya

Dacia stars as Lhuillier five blasts Grachiya during the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

SPITZER/Paul Anselmi one of Welcoat's most to match.

Welcoat's most to match during the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Grachiya's most to match during the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Lhuillier's most to match during the PBA draft. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Bastardizing the sweet science

If you're a fan of the sport, you know that the PBA draft is a series of tournaments for players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

Some people will surely disagree but I think it's just the way the sport is. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

But what, I thought, is the draft? The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

I want to know, I think is fighting. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

It would have been a fight. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

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SPECTATOR

By A.K. Mendez

It's not the first time I've seen a fight. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

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Ex-RP champ wins USBA crown

The 20-year-old American, who has been in the sport since 1995, won the USBA crown. The draft is open to all players who are not under contract with the PBA. The draft is open to all players who are not under contract with the PBA.

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SPORTS

Mauresmo prevents all-Belgian showdown

LEO ASSERLES—Alex Chiriac's of Belgium pulled down a set down and a 2-2 deficit in the second set to force an injured American to forfeit at Caperland, 4-6, 6-3, 6-4, in a semifinal match at the WTA Championships.

Chiriac won the final 10 games in all, trying to make night's first for the second straight year. The winner receives \$1,000,000, the runner-up receives \$500,000.

Chiriac will play fourth-seeded Andrei Medvedev of Russia, who upset No. 2 seed Justine Henin of Belgium, 7-6 (2), 4-6, 6-3, on Friday. Mauresmo pulled out of the Belgian final because of a leg injury, the 21-year-old, said Henin's coach, who will receive her compensation when the year's final rankings are released Tuesday.

Mauresmo needed help reaching the final. Henin, Henin's coach, said Henin's coach, who will receive her compensation when the year's final rankings are released Tuesday.

UP netter leads qualifiers

UNIVERSITY of the Philippines netter, Alexander Corrales, 6-0, Jordan Espinoza, 6-0, and Justine Henin of Belgium, 7-6 (2), 4-6, 6-3, on Friday. Mauresmo pulled out of the Belgian final because of a leg injury, the 21-year-old, said Henin's coach, who will receive her compensation when the year's final rankings are released Tuesday.

The qualifying will run until Friday while the main draw will start on Saturday.



ALEX CHIRIAC (left) and Justine Henin (right) in action during the WTA Championships.

Record victory by Campbell

REUTERS—David Campbell led the first player to win the PGA Championship for the first time in 10 years, winning 14-1 over Tiger Woods in the final round.

Campbell, 34, won the PGA Championship for the first time in 10 years, winning 14-1 over Tiger Woods in the final round.

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Woods claims record 5th Player of the Year

REUTERS—Tiger Woods won the PGA of America Player of the Year award for the second time in 10 years, winning 14-1 over Tiger Woods in the final round.

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Artest keys Pacers' win over 76ers

NEW YORK—But Artest made the impact after being a month following a brief return from his suspension, and then scored 20 points in a 101-90 win.

One of the highlights was Artest's 10th straight win, as he led the Pacers to a 101-90 win over the 76ers on Sunday night.

"It's just a feeling," Artest said. "I'm just happy to be back and playing."

Artest scored 20 points and had 10 rebounds in the win. He also had 10 rebounds in the win.

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Government Warning:
Cigarette smoking is dangerous to your health.

DESPITE POLITICAL UNCERTAINTIES

British firms remain confident in RP prospects

By Michelle K. Brown

BRITISH companies remain confident in the Philippines' investment prospects despite existing political uncertainties.

"Despite recent, a continuing portrait of the Philippines, and we are not deterred by events in our efforts to develop trade between our two countries," said Thomas Stansfield, chief business officer of the Philippine's First Secretary for Trade and In-

vestment in a joint briefing session.

Stansfield referred to the more recent changes to political leadership such as the failed advances of the control of the House of Representatives, between the 10th and 11th Congresses, and the July 17 election.

Stansfield added that these events have not been seen as a setback to the country's economic growth, and the London Chapter of Commerce and Industry in June in-

stressed its commitment to the Philippines because of the country's potential.

He said British firms were specifically exploring the area of business opportunities in their trade relations to the country—consolidating, power generation, infrastructure, technology and agriculture.

A number of British firms are in the country in part of the British Trade Mission, which runs from Nov. 10 to 14. Participating

British companies large or smaller conduct market research to see if the market is ready to be opened to their customers here or meet potential business partners.

Stansfield said the Philippines and the United Kingdom created a 4 percent year-on-year increase in the first seven months of the year.

British exports to the Philippines have increased 3.3 percent in the first seven months, while imports of 273 million euros from last

year's 283.5 million euros.

British firms participating in the mission include Debenhams Plc, the retailer of fashion products; Unilever United Kingdom, which exports soap, toothpaste, and other consumer goods; and supplier of industrial structures, John Rigg Technical Solutions Ltd, supplier and manufacturer of hospital beds, Addax Medical Supplies Ltd, pharmaceutical

supplier, National Optics (Quality eyeglasses, contact lenses), Procter & Gamble (pamper, baby products), and others. Stansfield said that the British business does not plan to leave a trade mission to the Philippines for now.

Cement firms told to justify price hike

By Michelle K. Brown

CEMENT and Industry Secretary Manuel Biazon III has given order to cement manufacturers until 30 days to justify the price increase in the market.

Biazon issued the order after the cement price hike in the market. He said that the price hike would harm the Department of Trade and Industry in its efforts to regulate the market against imports and the cement industry.

"A [cement] manufacturer can justify the price hike of cement from its cost. It is not designed for them to engage in predatory pricing," Biazon said in a press briefing yesterday.

The DTI reported last June a significant drop of P10.64 per 40-kilogram bag of imported cement in response to the current price hike.

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PNOC-EC inks exploration deal with China oil company

By Rosalyn M. Domingo

PNOC Exploration Corp. (PNOC-EC) has signed a letter of intent with China National Offshore Oil Corp. (CNOOC) to explore for oil and gas in the South China Sea.

The two companies have agreed to explore for oil and gas in the South China Sea. The agreement is a joint venture between the two companies.

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4. Offices
5. Retail stores
6. Restaurants
7. Hotels
8. Schools
9. Hospitals
10. Government buildings

1. Industrial buildings
2. Warehouses
3. Factories
4. Offices
5. Retail stores
6. Restaurants
7. Hotels
8. Schools
9. Hospitals
10. Government buildings

Security Bank steps up gov't securities dealership

SECURITY Bank, considering among the top five government securities dealers in the country, is stepping up its participation in the government securities market next year as it makes an effort to boost its market share.

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Ang says UCBP...

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How exercise can lower your risk of heart disease

PEOPLE often ask, "If I start exercising, when will see results?"

The "results" they are talking about are usually on the outside of the body—weight loss, back loss and improved muscle tone. Sometimes, however, there should also be changes on the inside.

I usually don't have anything to do with my patients. Being fit and healthy does not mean having the "perfect" body or looking substantial amounts of weight.

The benefits I am talking about have to do with internal changes, like improved cholesterol and triglyceride levels, blood pressure, more density, digestion and a reduction in stress and anxiety levels. These benefits can be

WELL AND GOOD

Tina Javan



as soon as you don't lose weight.

In today's culture, I will sometimes use exercise, specifically aerobic exercise, can help to lower your risk of heart disease.

Of course, exercise is only part of an overall program to keep your heart healthy. The other components are diet, stress reduction and the appropriate medication when necessary.

Aerobic exercise

The word "aerobic" has become synonymous with Jane Fonda, who popularized aerobic dancing in the early '80s.

But it was actually Dr. Kenneth Cooper who first used the term in conjunction with exercise.

It can certainly improve your looks, but looking good is just scratching the surface of what exercise can really do for you

Aerobic exercise is any exercise that uses the large muscles of the body (arms and legs) in a continuous rhythm for at least 10-20 minutes. Examples are walking, jogging, running, dancing, cycling, etc.

Sports like soccer, basketball, soccer and football are usually a combination of aerobic and anaerobic (short bursts of activity) exercise, but can be considered as part of the aerobic conditioning component of an exercise pro-



Illustration by [unclear]

SPIN

To get heart disease prevention benefits, scientists have determined that you need a minimum of 30 minutes of moderate intensity exercise most days of the week.

The "aerobic" can also be physical activity that uses some of your muscles, like gardening and house cleaning. Thirty minutes is a minimum, and some scientists say 60 minutes is the goal to shoot for.

Stronger heart

Exercise makes the heart stronger and more efficient as it can pump more blood with each beat. This lowers the resting heart rate, since the heart does not have to beat as fast as often.

The way you live, a long-term study involving 34,000 people, indicates that a higher-than-normal resting heart rate is associated with an increased risk of cardiovascular disease and even cancer cases.

More flexible blood vessels

Exercise also helps to make blood vessels more flexible and increases their diameter probably by increasing nitric oxide levels.

Nitric oxide is a blood compound that keeps blood vessels clear and helps them to dilate. In one recent study, which studied middle-aged men, nitric oxide also helps to prevent plaques and other inflammatory substances from sticking to the blood vessel walls.

Lower blood pressure

Scientists are not sure exactly why exercise can lower blood pressure, but the latest research shows that a single session of moderate intensity exercise can lower systolic blood pressure (the higher number in your blood pressure reading) by 10-20 mmHg and diastolic blood pressure (the lower reading) by 7-8 mmHg.

These changes remain for 12-14 hours after the exercise.

According to cardiologist Ralph LaRocca, there is no pill that will give you the same effect, but this doesn't mean you should stop taking hypertension medication since very few people achieve an average 120/80.

In some cases, exercise and diet alone are enough to keep blood pressure under control. In other cases, medication is necessary. Only your doctor can tell you for sure. Exercise has the greatest effect on lowering blood pressure after six months of regular workouts.

LaRocca says there is strong evidence that low-intensity exercise is also beneficial at lowering blood pressure, and that exercising at high intensity levels does not appear to provide additional benefits to blood pressure reduction.

Improved cholesterol profile

Is that one fit exercise alone could improve cholesterol readings without supplements, cardiologist William Hays of Duke University adjusted the diets of these subjects so they could maintain their weight while on a three-month program of aerobic exercise.

The subjects lowered their LDL, or "bad" cholesterol from 122-194 and raised their HDL, or "good" cholesterol from 32-37.

As the HDL rose, they also noted that dramatic, less than five percent reduction in the mean triglyceride level in HDL, the fat of heart disease is lowered by 5 percent and in some by 2 percent.

Every five minutes of moderate to high-intensity exercise will do its part in helping raise HDL cholesterol levels.

Decreased triglycerides

After a large meal high in saturated fat or high in refined carbohydrates, large amounts of triglycerides are released into the blood stream.

If these kinds of meals are part of the daily diet, the high triglyceride levels make the blood "sticky" and the arteries stiffen.

High triglycerides also promote the formation of lesions in the artery walls where LDL cholesterol can accumulate and form a heart plaque. To make matters worse, high triglycerides also lower HDL or good cholesterol.

The good news is, a single session of 30-40 minutes of moderate to high intensity exercise can lower triglyceride levels in the blood by 25-40 percent, and the effects last about 36-48 hours.

Scientists believe that exercise increases an enzyme that breaks down triglycerides as it can be processed by the liver. Of course, exercise should not be an excuse to eat all the saturated, sugar-laden carbohydrates you want. Because you will always be able to eat more than you can exercise.



LIFESTYLE

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SINGAPORE'S Gleneagles Hospital is a 300-bed private tertiary facility with a dedicated unit for end-stage liver disease patients. www.gleneagles.com.sg

Colour Me Beautiful

Dr. Aul Phang

Dr. Aul Phang is a board-certified dermatologist and a member of the American Academy of Dermatology. He is also a member of the Philippine Society of Dermatology and Venereology. Dr. Aul Phang is a graduate of the University of California, Los Angeles (UCLA) and the University of Michigan. He is currently practicing at the Gleneagles Hospital in Singapore.

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Saving lives closer to home

By Glenn Cella

IN MAY last year, the biggest news in the Philippines was, naturally, political. Former president Joseph Estrada had filed his battery of lawyers a few weeks earlier, claiming inability to pay justice from the courts, and the air was still rife with uncertainty.

Elsewhere in the world, the biggest headline was also political. It happened at a string of volatile events, Israel continued its incursions into the Hamas-ruled territory of Palestine Authority, while Hamas' Arabid, reducing the grateful leader to a mere commander-by-candlelight.

But in Singapore, that day evoked a first-world correspondence in Southeast Asia, the popular news showed a more gripping scene.

Regular TV host Andrew Dr. Cruz had undergone a risky liver transplant after a surgical team of five 1.8-meter tall. The golden doesn't let him, equally popular star Ferni Ong, who gave away half of his liver to save his beloved.



CELEBRITY couple Andrew Dr. Cruz and Ferni Ong meet the press after the video operation where Ong donated half of his liver to Dr. Cruz, who nearly died from liver gifts.

World-class technology for living donor liver transplants is now available in Asia, thanks to Singapore's pioneering Gleneagles Hospital.

PHOTO: GLENEAGLES HOSPITAL

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BEFORE (top) and **AFTER** (bottom) the wedding of the bride and groom, who were both in the wedding.



THE WEDDING (top) and **AFTER** (bottom) the wedding of the bride and groom, who were both in the wedding.



THE WEDDING (top) and **AFTER** (bottom) the wedding of the bride and groom, who were both in the wedding.

Birthday blast for a mall queen

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WITHOUT BATTING AN EYELASH



MAURICE ANDERSON
Photo by Alex Van Hagen on Kodak Max

Harrison Plaza's Belen Martel added another year to her life with fabulous food, dancing and merriment



BELEN MARTEL
Photo by Alex Van Hagen on Kodak Max

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BELEN MARTEL
Photo by Alex Van Hagen on Kodak Max

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Saving lives closer to home

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Gingappans should be forgiven if, in their calculations, such a made-for-television saga derived equal editorial space in their papers. Dr. Gao's story, after all, was not just about a wealthy celebrity struggling for his life and his daughter's love's ultimate sacrifice in the name of science.

In a way the operation's success would also be a celebration, a coming out of sorts for Singapore's medical and health-care industry and its much-bemoaned transformation into a highly advanced, world-class practice.

Dr. Gao and Peg's living donor liver transplant (LDLT) was not only the most famous of its kind to hit the papers. But to her, Gao's Hospital, which underwent the operation, had performed a number of transplants in the field since 1995, when it performed the first LDLT operation in Southeast Asia.

Singapore is a member of the Hepatic Group Healthcare, the largest private healthcare group in Asia. It's the first hospital in the Asia Pacific region to achieve double ISO 9002 certification, and has earned accolades for groundbreaking medical achievements mostly in the field of cad-



Dr. Gao and Peg at their multi-tiered wedding last October.

Illustration by JEFFREY M. HARRIS

ing liver disease.

Crown jewel

"LDLT is the crown jewel of Singapore's health care system," says Dr. Tan Kit Chai, Gao's general hepatology surgeon and the doctor to whom Dr. Gao, Peg

and many others owe their lives.

Tan has become the leading LDLT practitioner in the region, and with it has come the task of educating Singapore's drive to achieve its status as the preferred medical and health care destination of their patients

from all over the world, but especially from the nation's neighboring countries.

According to Tan, out of 10 patients in Asia, "eight will die due to a lack of suitable liver donors," or liver disease from acute alcohol abuse.

"It's unlikely for a patient in this part of the world to go to overseas countries to wait for a liver donor," he explains. "There is great shortage worldwide for it. I have liver donor transplantation in the way to go, and to wait. Singapore is the best hospital for this type of treatment."

Indeed, while numbers are still low, Singapore is already premier in liver and biliary, digestive, endocrinology, hepatology, infectious, pulmonary and microbiology, among others. Related expertise such as pediatric, oncology and dermatology are also called in to complete the treatment.

Lower costs

The immediate benefit of having a dedicated LDLT unit in the region is obvious: lower costs.

"The approximate cost of getting LDLT in the US is \$300,000 (around S\$430,000)," says Tan. "That's nearly double than what you would have to spend if the surgery is done in Singapore."

This is not counting transport costs for family members who would accompany the patient, plus accommodation, insurance, medicine and post-operative charges, he adds.

It's worth noting that the last time, former Singaporean president S. R. Nathan, who underwent an LDLT with his manager son Lim in the liver donor at the University of Southern California Medical Center in February, before finally succumbing to advanced cancer, chose the facility in another world but with much less resources to spend, Singapore's geographical and cultural closeness and its growing reputation for cost-effective, quality medical work would certainly be an attractive option.

That's exactly what convinced Malaysian Ong Chin Keng, 36, and his father Ong Yee Ben, 70, to submit themselves to surgery last March this year.

The older Ong has had recurring liver problems all his life, capped by a full-blown cirrhosis and extensive jaundice that needed critical treatment.

Appreciated of the need for a living donor transplant, Ong's family members all volunteered to be the donor. His wife and daughter both had Type B blood; Ong had Type O+. Only the son's blood matched.

"That was the beginning," said the older Ong. "I didn't want my son to donate. It was a risky operation, and he had to leave his family with a hole in the way."

The younger Ong, of course, intended to help that his son might live a life like his made for the right donor. Aside from the blood match, he was young, fit and healthy, which increased the op-

er's chances of success.

"Gao's doctors like Ong the son and had to have a high success rate—around 90 percent—compared to overseas donors," notes Tan. "This is because they need to come from within the family, are reasonably healthy and have genetic closeness of compatibility with the patient."

The older Ong really relaxed, and the operation was done.

Both father and son are now hale and hearty, and praise their thanks to Tan for the thorough medical care they received.

"We were given this booklet of post-operative procedures that covered everything from what to do when traveling or handling pets," says the younger Ong. And just seven months after the operation, "we don't have that booklet."

Much lower

The total cost of the operation amounted to S\$125,000 (around PhP 6 million)—well a lot less than the nearly much lower than any similar procedure in America.

The Ong case is now one of the success stories being cited by the Hepatic Group in its promotional efforts to make medical care in Singapore a viable option for health care services under the "Singapore Medical" brand name.

But, the son notes that ultimately make it to the papers—costs less, more than a year later—was Dr. Gao and Peg.

That risky medical journey is regular maintenance in a world of dramatic headlines.

Dr. Gao used the company and the fellow SGH staff and her the S\$15.15 share price, and after a lengthy and the financial much on cost, maintenance, suffered S\$999,000 in damages. She and Peg also recovered from their operations and even resumed their careers.

Even better, just recently, they finally became Mr. and Mrs. Peg, with the local papers once more focusing on the tale and guess as they did the love story of the young and glorious wedding. The paper's ongoing is simple, "as the Sunday Times put it."

Yes, the couple's special guest, wedding made it to the wedding as he was in Indonesia attending a conference.

"But we matter what happens," says Lee. "Both in the same paper, [Dr. Gao and Peg] will always have the same—only married. It's coming across better and then—our love story."

Indeed, it was love.

For more on Singapore's medical scene, visit www.singaporemedical.com.sg or visit www.singaporemedical.com.sg.

For more on the author of *Guidelines for Singaporeans*, visit www.singaporemedical.com.sg.



Halefrah Ong (left) and his son, both smiling.

donor told of his fear to save his father, Ong Yee Ben, from the ravages of liver cirrhosis. The doctor who performed the operation, Dr. Tan Kit Chai of Gao's Hospital (right photo, in glasses), is Singapore's leading practitioner affording donor liver transplants and was also responsible for Dr. Gao and Peg's successful operation.



Illustration by JEFFREY M. HARRIS